

## Community Mental Health Support Service 6 Weeks of Wellbeing Group

This group is ideal for someone who is currently working and feeling they need mental health support outside of the 9-5 time.

For referrals to this group, please click this link to access the website:

<https://www.everyturn.org/community-wellbeing/community-mental-health-support/>, then click on **'make a referral'**. For **'referral reason'** please select **'other'** and then in the **'identified needs'** box, **include which group this is for**, i.e. **'evening general 6 weeks of wellbeing group'**.

There are limited spaces so if you want to check in whether there are spaces left, please email [Morgan.Davies@everyturn.org](mailto:Morgan.Davies@everyturn.org)

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